



Water Exercise Schedule

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM		Rise & Shine		Rise & Shine		
7:45 AM	AquaFusion		Aqua Fusion		50's Splash Party	
8:00 AM		Aqua Tabata-Deep		Aqua Tabata-Shallow		
8:30 AM	Deep Ease		Deep Ease		Deep Ease	
8:45 AM		Advanced Walk		Advanced Walk		
9:15AM	Ripples & Waves		Ripples & Waves		Free Style Friday	
9:30 AM		Kick It BootCamp		Kick It BootCamp		
10:00 AM	Water Walk		Water Walk		LaBlast Splash	
10:30 AM	Deep HIIT		Deep HIIT		Deep HIIT	
11:15 AM	Silver Sneakers		Silver Sneakers			
12:00 PM	AREA ON AGING		AREA ON AGING			
12:30 PM	MOVE	Smooth Moves	MOVE	Smooth Moves	MOVE	
5:15 PM	Kick It Bootcamp		Kick It Bootcamp			

Lebanon Valley Family YMCA | For more information on our classes contact Shelly Vitelli at 717-273-2691 or mvitelli@lebanonymca.org

All classes FREE with your membership!

Winter 2019

Last Updated: 12/18/2018